

IRISH
SAILING



2021 Women at the Helm

Dinghies & Keelboats

Notice of Race

Race days: 18th & 19th Sept 2021

Website: www.sailing.ie/Women-at-the-Helm

Organised Authority ("OA"): The Royal Cork Yacht Club the OA in conjunction with Irish Sailing

1. RULES

1.1 The regatta will be governed by the Racing Rules of Sailing (RRS), the prescriptions of Irish Sailing, Irish Sailing IRC & ECHO STANDARD Performance Handicap System for Keelboats and Portsmouth Yardstick system shall be in place using the boat's standard rig for Dinghies. Class Association rules where applicable, this Notice of Race and the Sailing Instructions and any changes thereto.

2. ADVERTISING & BOW NUMBERS

2.1 Boats may be required to display bow numbers and advertising chosen and provided by the organising authority.

3. ELIGIBILITY & ENTRY

3.1 The regatta is open to all boats and classes listed in the table of Entry Fees below and any other classes accepted by the Organising Authority

3.2 All boats must be helmed by a female helm aged 16 years or over while racing. A minimum of half of the boat's crew members, including the helm, must be female.

3.3 Eligible boats may enter by completing the online entry form and submitting the appropriate entry fee.

3.4 Helms and crews who will be under 18 years of age during the event shall submit signed Parent/Guardian Declarations at event registration, available as part of online entry.

3.5 Late entries will be accepted by the OA subject to payment of a surcharge as set out below.

3.6 CRUISER CLASSES SPINNAKER

a) Boats shall have a valid 2021 valid IRC & ECHO STANDARD handicap rating/ cert as applicable no later than 1700hrs on Wednesday 15th September 2021.

b) Entries will be split into classes based on rating, or exceptionally for other reasons, depending on the number of entries at the discretion of the OA. The allocation of entries into classes will be posted on the event website by 1700hrs on Friday 18th September 2021.

3.7 CRUISER NON-SPINNAKER (ECHO STANDARD)

a) Boats shall only sail with a mainsail and either a jib or genoa (whisker poles are allowed).

b) Boats shall have a 2021 valid IRC/ ECHO STANDARD handicap rating/ cert as applicable no later than 1700hrs on Wednesday 15th September 2021.

4. FEES

4.1 Required fees per boat are as follows:

- Singlehanders - €50
- Doublehander, €70
- Sportsboats €95
- Other Keelboats €125

Early bird special – 15% discount before 17.00hrs Friday 6th July

Surcharge for Late Entries: €50

4.2 Other fees:

4.2.1 Social Program:

- Saturday 19th September - BBQ €20 (dress code casual)

4.2.2 Craning:

- Visiting boats: €100 in & out

5. SCHEDULE

5.1 Registration will take place at Royal Cork Yacht Club as follows:

- Friday 17th September 1800hrs – 2000hrs
- Saturday 18th August 0800hrs – 0900hrs

5.2 Dates of racing:

- Saturday 18th & Sunday 19th September

5.3 Six races are scheduled for all classes.

5.4 Three races are scheduled each day. However, at the sole discretion of the Race Officer, a fourth race may be run on either day.

5.5 Briefing shall take place in the Royal Cork Yacht Club at 09.00 hrs on Saturday 18th September. The scheduled time of warning signal for first fleet on each course is 10.55hrs on Saturday 18th September and 10.25hrs on Sunday 19th September.

5.6 On the last scheduled day of racing, the first warning signal of a race may not be made after 1400hrs. This will not be cause for redress.

6. MEASUREMENT

6.1 The Race Committee reserve the right to carry out Equipment Inspection on any competitors Boat or Equipment. When notified the competitor will follow the instructions of the Equipment Inspector.

7. SAILING INSTRUCTIONS

7.1 The sailing instructions will be available on line at www.royalcork.com and www.sailing.ie/WomenattheHelm Competitors are required to print their own copies or download (sustainability).

8. VENUE

8.1 The venue is the Royal Cork Yacht Club, Crosshaven Co Cork.

8.2 The fleet racing areas will be on Cork Harbour and surrounding race courses. Courses outside Roches Point may be used and will be detailed at the race briefing.

9. COURSES

9.1 The courses to be sailed may be a combination of windward-leeward legs and triangles. Courses will be detailed in the Sailing Instructions.

9.2 All keelboats will be required to carry a VHF radio for ease of communication with Committee – VHF channels in use 69/71/72 course dependant and will be detailed at race briefing.

10. PENALTY SYSTEM

10.1 For all keelboat & dinghy Classes, RRS44.1 is changed so that the Two Turns penalty is replaced by the One Turn penalty.

11. SCORING

11.1 The Low Point System of Appendix A of the RRS will apply.

11.2 Dinghies shall be racing under the Portsmouth Yardstick system.

11.3 Two races are required to be completed to constitute a series.

11.4 When 3 races have been completed, a boat's series score will be the total of her race scores.

11.5 When 4 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

11.6 Club Teams. Clubs may enter a team under the following criteria:

- a) Teams of three boats, racing under Dinghies, Sportsboats, Other Keelboats.
- b) Any combination of boats from any Dinghies, Sportsboats, Other Keelboats providing boats.
- c) No boat shall be a member of more than one team.

d) Team scores will be calculated as follows:

- each boat's series score (NOR 10.4 and 10.5) shall be multiplied by 100 then divided by the number of entries in that class.
- then adding together the results for the 3 boats in the team.

e) The team with the lowest team score wins and other teams shall be ranked accordingly.

12. SUPPORT BOATS

12.1 Support boats shall carry a VHF radio tuned to the channel as prescribed by the PRO and shall follow any instructions given by the race committee or safety boat team.

13. BERTHING & Trailer parking

13.1 Lift in for keelboats will be provided until 18.00 hrs on Friday 17th September with lift out on Sunday afternoon after racing. Boat owners are expected to assist. Advance booking required. Email: keelboats@royalcork.com

13.2 Boats shall be kept in their assigned places in the hard standing area or marina as required.

13.3 All keelboats once launched at the start of the event, will remain on the water until the last race.

13.4 Keelboats and cruisers shall not be hauled out during the event except with and in accordance to the terms of the prior written permission of the Race Committee.

13.5 Trailer Parking will be provided for visiting keelboats and dinghies with the Royal Cork Yacht Club grounds.

14. RADIO COMMUNICATION

14.1 All keelboat and cruiser classes shall carry a VHF radio on board. All support boats shall carry a VHF on board.

14.2 For keelboats and cruiser classes the Race Committee may broadcast information available to all competitors by radio by VHF, including information on the courses to be sailed, starting and safety.

14.3 Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all competing boats. This restriction also applies to mobile telephones.

15. PRIZES

15.1 Overall prizes will be awarded to (but not exclusively):

- Club Team (see 10.6) - Roy Family Perpetual Trophy

(The Roy Family Perpetual Trophy will be awarded only to Irish Sailing affiliated clubs teams)

- 1st, 2nd & 3rd in each class with 10 entries or more
- 1st & 2nd in each class with 7-9 entries
- 1st in each class with 5-6 entries
- Silver Sailors - over 60 years
- All female crewed boat

15.2. A club may register more than one team.

15.3 Additional prizes may be awarded at the discretion of the OA.

16. DATA PROTECTION AND IMAGE RIGHTS

16.1 By entering competitors give permission to the Organising Authority to collect and use data about the competitor for organising this Regatta

16.2 The Organising Authority has adopted a Privacy Policy for the Regatta which is available on the [Privacy Policy - Royal Cork Yacht Club](#)

16.3 By entering the Regatta, competitors and support persons accept that the Organising Authority may arrange for images or videos to be taken at the event both on the water and on shore.

16.4 Competitors and support persons by entering give consent to the taking of such images and to the use, reuse, publication and republication of such images in any media, in conjunction with the competitor's name or not, without compensation and without the competitor's approval of such images or any use thereof. The images may only be used for the promotion of the Irish Sailing Women At The Helm Regatta , its sponsors or the organising authority.

17. RISK ASSESSMENT

17.1 Rule 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone."

17.2 Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- (a) They are aware of the inherent element of risk involved in the sport and accept

responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;

- (b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
- (c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions;
- (d) Their boat is in good order, equipped to sail in the event and they are fit to participate;
- (e) The provision of a race management team, patrol boats, and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;
- (f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances;
- (g) It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend any safety briefing held for the event
- (h) They are responsible for ensuring that their boat is equipped and seaworthy so as to be able to face extremes of weather; that there is a crew sufficient in number, experience and fitness to withstand such weather; and that the safety equipment is properly maintained, stowed and in date and is familiar to the crew.

17.3 Crew details and contact information, along with an ICE contact must be provided at registration.

18. ENVIRONMENTAL SUSTAINABILITY

18.1 As part of the events commitment to reducing the environmental impact of the event, competitors, team leaders, coaches, volunteers, race officers and all stakeholders will be asked to follow Irish Sailing event sustainability guidelines. Details will be published, guidelines are available here <https://www.sailing.ie/Clubs-and-Centres/Our-Environment>

18.2 Irish Sailing and Royal Cork Yacht Club will be reducing paper printing by issuing Sailing Instructions and other notices as PDFs and notice board posters where possible and online.

18.3 This event is registered with Sailors for the Sea Clean Regattas.

19. INSURANCE

19.1 It is the duty of each boat owner to have their boat adequately insured against any risk, including civil responsibility to third parties and to ensure that such insurance remains valid for the entirety of the boats attendance at this event.

20. SOCIAL PROGRAMME

20.1 Friday: Muster for all crews on the lawn. Saturday - BBQ €20 (dress code casual) further information via Royalcork.com – prebooking essential.

21. TEMPORARY MEMBERSHIP

21.1 Competitors, designated support persons, race officials and volunteers in this event and their guests shall be Temporary Members of the Royal Yacht Club for the duration of the regatta and shall be bound by the Rules of the Club. The Royal Cork Yacht Club reserves the right to withdraw Temporary Membership.

22. PARTICIPANT WELFARE

22.1 Due to the current COVID 19 pandemic, the OA will adhere to any legislative and national guidelines in place. This may include the need to register participants and visitors for contact tracing. Numbers by need to be restricted, both ashore and at sea, and in that instance, a boat's entry date will determine its place on any eligibility list, should that be required.

The OA takes its responsibility very seriously with regard to any risk minimization and may place social distancing, temperature screening and other measures in place in the environs of Royal Cork Yacht Club.

23. FURTHER INFORMATION

For further information, please contact:

The Royal Cork Yacht Club

Crosshaven Co Cork

Email: keelboats@royalcork.com / gail.macallister@sailing.ie

Website: www.Royalcork.com / www.sailing.ie/WomenAtTheHelm